

Getting Help

The first line of support is the health care provider. Be sure to keep any appointments with the health care provider and follow the treatment plan. Other good and reliable sources with more information and tools and support:

- American Diabetes Association. <https://www.diabetes.org/tools-support>
- Center for Disease Control. Prevent Diabetes Complications. <https://www.cdc.gov/diabetes/managing/problems.html>
- Center for Disease Control. Diabetes and Mental Health. <https://www.cdc.gov/diabetes/managing/mental-health.html>

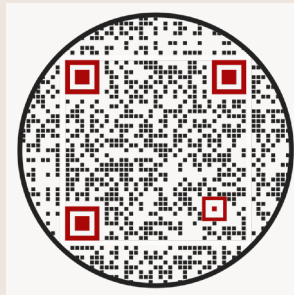
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Diabetes Complications

Diabetes is a chronic disease, but it is possible to prevent complications. The more the person with diabetes knows the more diabetes can be managed and allow individuals to live their best life. This pamphlet reviews some of the common complications of diabetes.



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Diabetes Symptoms

- Blood Pressure increases
- Swelling in the feet, ankles, hands, or eyes
- Increased need to urinate
- Confusion
- Shortness of breath
- Decreased appetite

Kidney Issues

NEPHROPATHY

As the kidney damage progresses the individual may experience the symptoms of kidney failure.

Later Stage Symptoms

Eye Issues

RETINOPATHY

- Blurry vision
- Dark spots floating in vision
- Dark or empty areas in vision
- Vision loss

Nerve Issues

PERIPHERAL NEUROPATHY

- Numbness
- Burning
- “Pins and Needles”
- Shooting pains
- Weakness
- Tingling
- Sores on feet or legs heal slowly

Heart Issues

Persons with Diabetes are more likely to experience:

- Heart Attack
- Stroke
- High Blood Pressure
- High Cholesterol
- High Triglycerides

Other Possible Issues

Persons with diabetes are also more likely to experience:

- Gum Disease
- Hearing Loss
- Depression